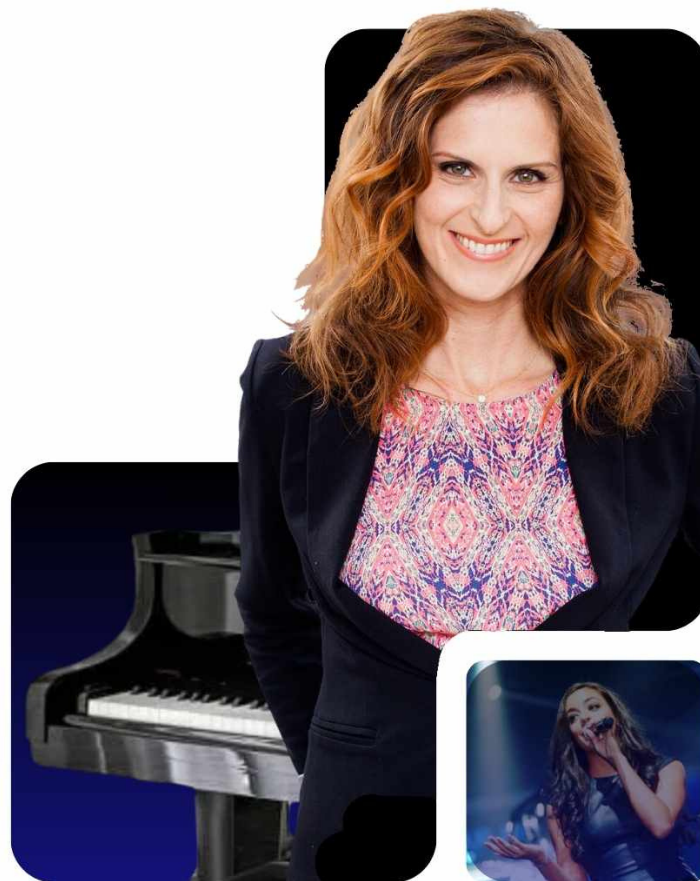




The Pro-Singer Career Accelerator Masterclass Series

A Live 7 Day FREE Masterclass Series For ProSingers
on How To Land Your Next Elite Singing Opportunity



May 12th - 18th

WORKBOOK

SESSION #1:

The #1 Thing Traditional Training Has Never Taught You

Understand why you don't book the elite gigs you want as consistently as you want DESPITE all of your vocal training. . . .and how to fix it.

So what separates the bad ass singers from the superstars?

It's ALL about _____

What two things respond to your energy?

CONCEPT #1:

Concept #1 Notes:

CONCEPT #2:

It's what creates the mind/body connection.

What's your #1 job to make it at an elite level as a pro singer?

Concept #2 Notes:

CONCEPT #3:

Because your body cannot do what your brain continues to sabotage.

Concept #3 Notes:

Day 1 Homework:

MEDITATION INSTRUCTIONS

Creating a Present Moment Mind/Body Connection For Singing

Cultivating a present moment awareness is the first and most important step in creating a strong mind/body connection for singing.

The best tool you can use to create new neuropathways for present moment awareness is meditation.

When you're not in present moment awareness, that state lives in your body as tension. . . .and tension is the enemy of the singer. It prevents you from accessing the potential of your technique and artistry in the most powerful way.

In this Module, you are going to start laying the foundation for your own present moment awareness with the guided meditation here in this lesson.

Use it to start your own daily practice of conditioning your mindset towards the awareness and mind/body connections essential for powerful singing.

Find a quiet, comfortable place to sit or lay down to do this meditation daily.

[DOWNLOAD the MEDITATION HERE](#)



Do It Daily!

Tip: download the MP3 to your device because this streaming link expires at the end of the workshop.

Day 1 Homework:

THOUGHT EXERCISE INSTRUCTIONS

Complete the Mind/Body Clarity Connection thought exercise below.

Grab your favorite journal or open a fresh online document to complete the thought exercise attached below.

Don't rush through the questions. Set aside some "me" time - perhaps grab a tea or your favorite beverage - let your guard down. Resist the desire to edit yourself as you write, put down whatever comes up.

Be as honest with yourself as you can!

1. What things about my voice or my singing make me feel “less than” (what things do I tend to compare myself negatively about with respect to other singers)?
What emotions come up?
2. When I think about where I’m at in the trajectory of my singing career, what things make me feel “less than”? What emotions come up?
3. What sensations occur in my body as I answer these questions? What subtle changes can I identify (for example: do I feel holding anyplace, do I feel a release anyplace, do I feel energy, warmth, cold in places)? Write these sensations down whatever they may be, positive or negative.
4. What is the impact of these physical sensations on my ability to sing powerfully and access the full potential of my sound and my impact?
5. When do I experience myself being in “autopilot”, spinning in my head either in past shame or future tripping, instead of being in the present moment with myself, my voice and my energy? Is it random moments? Or is there a pattern of when that tends to happen?
6. What are 3 thoughts (or mantras, if you will) you can use when you find yourself on “autopilot” (spinning into Compare & Despair or Perfectionism) to bring you back into the present moment of your mind and your body? List them here. Read them every day. Condition them so they become the NEW thinking habit that’s guiding mind and body instead of the old.

Important WORKSHOP LOGISTICS

If you want to volunteer for live coaching you must turn on your Original Sound in Zoom.

How To Enable Original Sound on Zoom

iPhone:

1. This needs to be done before joining the Zoom, so you may need to exit the meeting and come back.
2. Select 3 dots that says 'More' - select 'Settings' - select 'Meetings'. Then under 'Audio' you can select/turn on 'Use Original Audio'.
3. IN MEETING you must then “turn on” original sound: Scroll over to 3 dots that says 'More' - then select 'Enable Original Sound'.

Desktop:

1. Select your profile picture then select 'Settings'
2. Select 'Audio' on the left side panel. Under 'Audio Profile' select 'Original Sound for Musicians'
3. IN MEETING you must then “turn on” original sound: In the upper right hand corner of Zoom screen, look for 'Original Sound for Musicians: Off'- click that to turn it from “Off” to “On”.

SESSION #2:

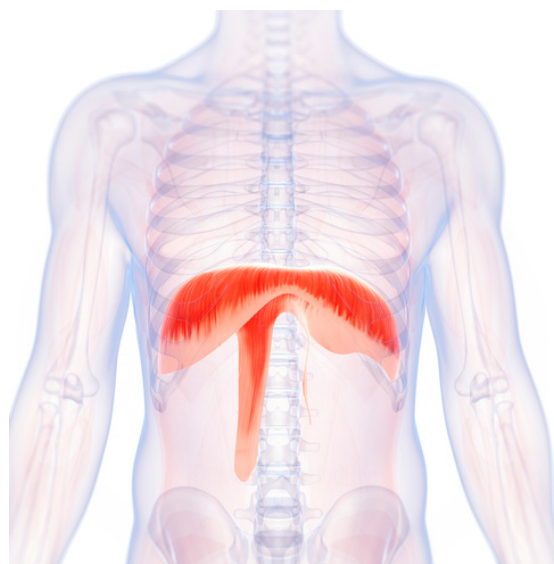
Game-Changing Technique Innovations to Bring The House Down

You think you've been taught support, but trust me, you don't know this. And it's a huge reason why your sound isn't breaking through to as many elite gigs as you want. We're gonna change that!

Let's talk Breath Support!

1. The Antaomy of Support

Locate your diaphragm.



CONCEPT #1:

CONCEPT #2:

2. The Inhale

CONCEPT #3: Lungs are in your _____

EXERCISE: Rag Doll

CONCEPT #4:

Don't "TAKE" a breath, instead: _____

Concepts Together:

You _____ on the Inhale, then....

You _____ on a HISS

Notes:

3. The Hiss = Supporting Over a Duration

To do this we need to understand the Container Of Support.
What makes up your Container of Support?

CONCEPT #5:

Translation of Appoggio: _____

Exercise: DON'T LET BRA FALL DOWN - Hands on lat while hissing

CONCEPT #6:

What are the pitfalls to watch for?

Notes:

CONCEPT #7:

This is KEY!!!!!!



4. Hiss then Lip Trill

Exercise: Hiss - Lip Trill

Exercise: 1-5-1 Lip Trill

CONCEPT #8:

It's the CONSISTENCY of support that matters

5. Supporting on Syllables

Exercise: Ma-Mo-Mu scale

Exercise: 1-5-1 Lip Trill

Notes:

Day 2 Homework:

BREATH SUPPORT EXERCISES

Practice MP3's of the exercises from the live workshop.
Use them to practice at home.

Lip Trills



[DOWNLOAD HERE](#)

Ma- Mo - Mu



[DOWNLOAD HERE](#)

Tip: download the MP3 to your device because
this streaming link expires at the end of the workshop.

SESSION #3:

Rocket Fuel for Consistent High-Level Performance Impact

Learn energetic sound direction techniques to stand out above the competition no matter who's listening, how big your audience is, or how much is at stake in that moment.

CONCEPT #1:

_____ creates stability, consistency and power.

Soft Palate Stretch:

- Smell the brownies – breath into a smile
- Feel Ears widening away
- Feel top part of yawn
- Molars up into your brain

CONCEPT #2:

This is the FIRST way you're going to employ OPPOSITION.

Notes:

The Best Way to Practice Opposition is Sirening!

Exercise: Sirening

Exercise: Ma-Mo-Mu

CONCEPT #3:

Notes:

Day 3 Homework:

THOUGHT EXERCISE

Complete the *Why You Sing The Way You Do* thought exercise below..

Grab your favorite journal or open a fresh online document to complete the thought exercise attached below.

Don't rush through the questions. Set aside some "me" time - perhaps grab a tea or

your favorite beverage - let your guard down. Resist the desire to edit yourself as you write, put down whatever comes up.

Be as honest with yourself as you can!

BEGIN



Incorporating mindfulness into your singing is a journey that is achieved over time.

It involves peeling away layers to arrive at a deeper understanding of *why* you sing the way you do.

Here is an exercise that will help you begin to understand why you sing the way you do.

It uses mindfulness to optimize your singing at a very basic level. You will need a journal and a pen.

We begin with awareness. A noticing. A witnessing. And then an exploration. To do so we use the three W's:

Where, **W**hen and **W**hy.

Start by choosing a phrase in a song that's been giving you difficulty. Sing the larger section of the song containing that phrase (making sure to start a few phrases before the difficult one) and as you sing, ask yourself:

1. **WHERE** do I feel difficulty? Do a body scan while you sing and as you approach the difficult phrase, check in with your jaw, neck, base of your skull, tongue, shoulders and ribs (those are the most common places singers tend to hold tension). You might need to sing the section several times in order to witness what's happening in these different places in your body while singing. Notice what you feel. Write it down in your journal.

2. **WHEN** do I feel difficulty? Sing the section again while focusing on the part/parts of your body you identified above where the difficulty is being held. Ask yourself: at what point do I feel the difficulty begin? Is right before the challenging phrase, perhaps on the inhale? Is it on the onset of phonation? On a rising melody? On a descending melody? At the end of the phrase? When the melody has a large interval between two notes? On a long held note? Etc. Notice each part of the body you identified above and notice when you feel the difficulty begin. Write down what you discover.

3. **WHY** do I feel difficulty at this moment? Once you've identified the when, you can start to understand the why. They have a lot to do with one another. Sing the challenging section from above again and be very present to the moment your physical response to the difficulty comes in, then notice any thoughts or feelings that come up right before that moment. Where might that thought or feeling come from? Journal about it.

One of my singers has offered to share her ah-hah moment discovering her “why” so you can see how this works.

“I used to have SO much tension in my jaw when I sang. That held feeling was so ingrained for so many years it was like I couldn't imagine how I could possibly sing without tension. Especially on high notes, it was the worst as I'd get higher in my range. Everything would feel squeezed and pushed. As I did the mindfulness exercises, I realized that the feeling I always had right before my jaw would start to grab was a fear of not being good enough and the need to prove that I was. As I reflected more on my “why” and getting clear on where these feelings of not good enough were coming from, I had a flashback to this moment with my 7th grade choir director who insisted that I was an alto and would always be an alto because my high notes were not already there. Now, that's just wrong for so many reasons and such an uninformed thing to tell a singer at such a young age – don't get me started.”

But the main point is that I totally internalized what she said, and from that point on, without even realizing it, my story became “I’ll never sing high”. I have taken that story and the feeling it gave me of not being good enough into all my singing throughout the years and I was not aware of how it was effecting me or my technique until that moment in the mindfulness exercise. Even once I actually started training with a great teacher who gave me good tools and actually helped me expand my range to realize I was, in fact, a soprano, I somehow still carried that old story of “I’ll never sing high” with me. And now I can see how it’s been playing out in my jaw on my high notes. I finally understood the “why” behind the tension. And it’s amazing how once you have that awareness, something crazy happens and it just starts to loosen bit by bit if you cultivate a new story ” – Laura H., Santa Monica, CA

Laura’s old beliefs were still affecting her body when she sang.

Her jaw was literally still trying to protect her from feeling the discomfort of that old “not enough” story by trying to control the sound in an effort to prove she was “enough”. When she sings from that place, she’s not in the present moment. The present moment tells her that she actually can sing high notes, that she does have the tools and technique to do it effortlessly.

But her subconscious is still in her old story shaming her about the past and creating anxiety about her future causing her to tense and over-control.

Once Laura uncovered the “why” behind the difficulty in her body, her new mindfulness around the old story lifted it from her subconscious and brought it into the light of her awareness.

Now her mind and body can work together with present moment awareness in a collaborative way enabling her to let go of her old story and in doing do, let go of her jaw tension and sing high notes with much more ease and beauty.

It may not sound like much, but awareness is a powerful thing.

The mind and body are inextricably linked.

Remember that your body cannot do what your brain is sabotaging.

Walk in the direction which will illuminate and care for ALL aspects of your instrument, both mind AND body, to give yourself the best chance at sharing your talent in the biggest way with the rest of the world.

Because, as I always say, your voice is a unique gift that the world is just waiting to hear. And when you change your thinking, you change your singing.

So open your heart to a new way of thinking – be brave in looking at your beliefs and the stories you’ve been telling yourself. . . .start to uncover, discover and discard - and you will find that a new level of potential in your voice is right there waiting for you.

Now grab your journal.

Do the “Where, When & Why” exercise above for a glimpse into why you sing the way you do.

SESSION #4:

How To Fast Track Process to Performance

The top 4 beliefs you must own (and how to do that) to breakthrough the competition every single time to land your next elite opportunity.

The thing that catalyzes your technique, the thing that connects you to YOUR voice, YOUR unique sound, the thing that fast tracks you to your potential so you can go out there, perform, record, win auditions, make money – ALL the things you want – is:

CONCEPT #1:

Examples of More Powerful Questions.

1.

- 2

- 3

CONCEPT #2:

What are the excuses that keep you playing small?

1. _____

2 _____

3 _____

CONCEPT #3:

New Global Beliefs:

1. _____

2 _____

3 _____

4 _____

Day 4 Homework:

ENERGY EXPLORATION CARDS

Experiment with the Energy Exploration Cards as you practice your repertoire.

[LINK TO PRINT CARDS](#)

Instructions

- Download and print the PDF in the link above.
- Cut along the lines so you have 14 individual strips, each with one rule/belief on it.
- Fold the strips in half so you cannot see the writing inside, and stack the folded strips one on top of the other to form a little deck.
- Each day before you start your vocal practice, draw one “card” (folded strip) from the deck.
- Read what’s on the card.
- That is your new rule/belief for the day to serve as your inspiration and intention for how you’re going to approach your singing that day.
- EXAMPLE: if your card says “I get to be perfectly imperfect” and you’re about to do lip trills, then the question I want you to ask yourself is: How would I do lip trills if I get to be perfectly imperfect? Then DO it with that guiding intention of being perfectly imperfect.
- EXAMPLE: If your card says “I choose courage over comfort” and you’re about to have a rehearsal with your band or pianist, then the question here would be: How would I sing this rehearsal if I choose courage over comfort? Or if you’re doing your vocal exercises, before starting, ask yourself: How would I approach this exercise if I choose courage over comfort? Then DO it that way.
- Use the cards to explore and experiment with different rules/beliefs to engage when you sing, practice, audition, write, perform, record etc. to tap into new levels of unique energy and artistry that you are willing to unleash because now you have new rules supporting it.

SESSION #5:

My Secret Weapon to Stand Out From The Competition

Notes:

Day 5 Homework:

PERFORMANCE EXERCISE

Making A Song Your Own

Incorporate the *Making A Song Your Own* exploration into a piece of your current repertoire.

A. Treat your song as if it were a monologue put to music. First read/say your lyrics to yourself without melody or tempo. Notice how the words speak to you and what they mean. Be specific when writing out the answers to the following questions:

1. Where are you when you are singing this song?
2. Who are you talking to?
3. Who or what are you singing about?
4. How do you feel about that person or thing?
5. Why must your character sing this particular song and these specific words?
6. Why is it that your character must communicate this right now?
7. List a few words to describe the emotional state of your character at the start of the song? (Ex: frustrated, curious, exhausted, joyful]
8. List a few words to describe the emotional state of your character by the end of the song?

B. Create a dialogue in your own words with whomever you are talking to in the song.

1. What was said/seen/experienced in the moment RIGHT before the song that compels you or your character to speak the words in the song? Write out that scene/dialogue.

C. Find your personal connection. Have you lived or experienced the exact same situations (that you've just described above) as your character in the song?

1. If not, then look at the emotional states of the song you outlined above.
2. Identify something you've experienced that elicits the same emotional state and write it down.
3. This is your own personal subtext. Subtext is something personal that you can recall which brings out the same emotional response as the lyric. Write it down.

For Example:

Lyric: "There are bells on a hill but I never heard them ringing till there was you."

Emotional state: wonder and excitement

Statement from my own experience: (i.e., if I've never experienced falling in love, I need to identify something which moves me to the emotional state of wonder and excitement the same way). Ex: *My lunch never tasted so good as the day I found out I got the big role in the movie.*

D. Work with your lyrics

1. Speak your lyrics as though you are an actor doing a monologue.
2. Feel the meaning of each image and clarify your connection to the words and emotions based on your discoveries in the prior questions.

E. Sing The Song Again

1. Use all the story, emotional state and subtext you just discovered and connect to that this time while you sing.

SESSION #6:

The Biggest Hurdle To Your Next Elite Gig (and how to get over it)

MAJOR CONCEPT

The biggest hurdle pro-singers face is: _____

Notes:

SESSION #7:

Ask Arden Anything

My Questions for the Q&A:

Train with Arden and her team in our flagship
Intensive Vocal Training Program.



ARDEN
KAYWIN
VOCAL STUDIO

The
Intensive
Vocal Training Program

The ONLY holistic online training program for serious singers
to soar to the top of their potential and become elite
performers to land elite singing opportunities.

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MORE INFO

Or go to: <https://www.ardenkaywinvocalstudio.com/the-intensive/>